

Make a personal
commitment
to your **health**



You don't want a **chronic condition**
to **control** *your life.*



You or a family member may have a chronic condition. And that can be a real challenge. Making it hard to maintain a regular work schedule and keep up with daily tasks. Sometimes a chronic condition makes you miss what you enjoy most. And you can't leave it home when you go to work. But you still have your commitments, responsibilities and goals – your life. And you don't want your condition to get in the way.

Neither do we.

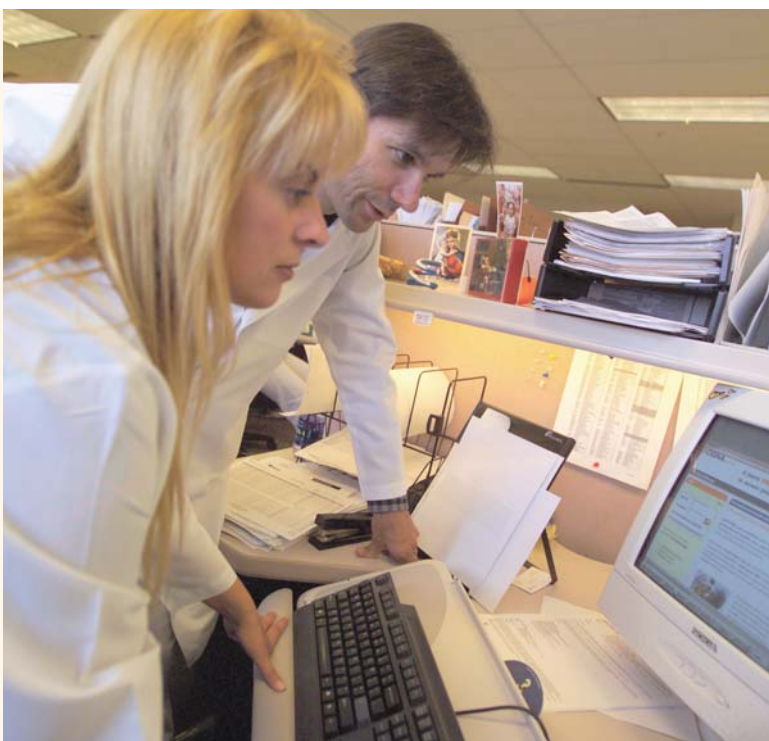


Now you have a resource to help you manage your chronic condition, when made available through your employer. It's **CIGNA Well Aware for Better Health®**. With programs that provide education, support and a wide selection of tools, we make it easier for you to design a personalized action plan under your doctor's guidance. The only thing you need to add is your commitment.

Take control.

Through a **Well Aware** program, you can learn to anticipate your symptoms and manage them better. You can reduce the risk of complications. And if you do become ill, you'll be better equipped to deal with it. With the right plan and the right tools. So you can spend less time being a patient. And more time leading your life.

We're here to
support *you*



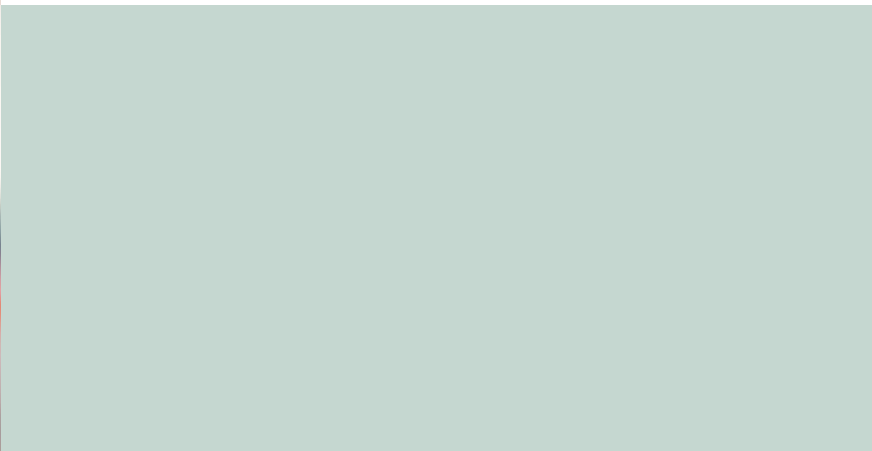


Tell us how you feel.

There's no substitute for personal contact. Especially when it comes with a lot of practical experience. That's why **Well Aware** has a team of registered nurses (RNs) and other clinicians available to you by phone 7 days a week, 24 hours a day. Our nurses call program participants to provide personal support and determine the kind of help they need. So if you're feeling uncertain or need guidance, they're here to support you with information – and the reassuring benefit of their experience with people living with a chronic condition.

Plan ahead.

Well Aware is also about taking action. We'll provide your doctor with treatment insights and information on our programs. To help you balance your busy schedule, we'll mail you reminders of important steps you can take to manage your health. And because some medical conditions can lead to other health problems, we'll also encourage you to get screenings to help prevent, or detect and treat related conditions.





Well Aware programs give you personalized support and a wide selection of tools. All you need to add is your **personal commitment**.

Take **control** *of your life*

Our commitment.

Modeled on current research and practices, **Well Aware** programs use nationally recognized resources and industry-leading guidelines to be up to date and clinically effective. And we've kept them simple to fit into busy lives made more complex by medical conditions.

To help keep each **Well Aware** program as effective as possible, we conduct periodic random satisfaction surveys and regularly update each of our programs.





It begins with
awareness

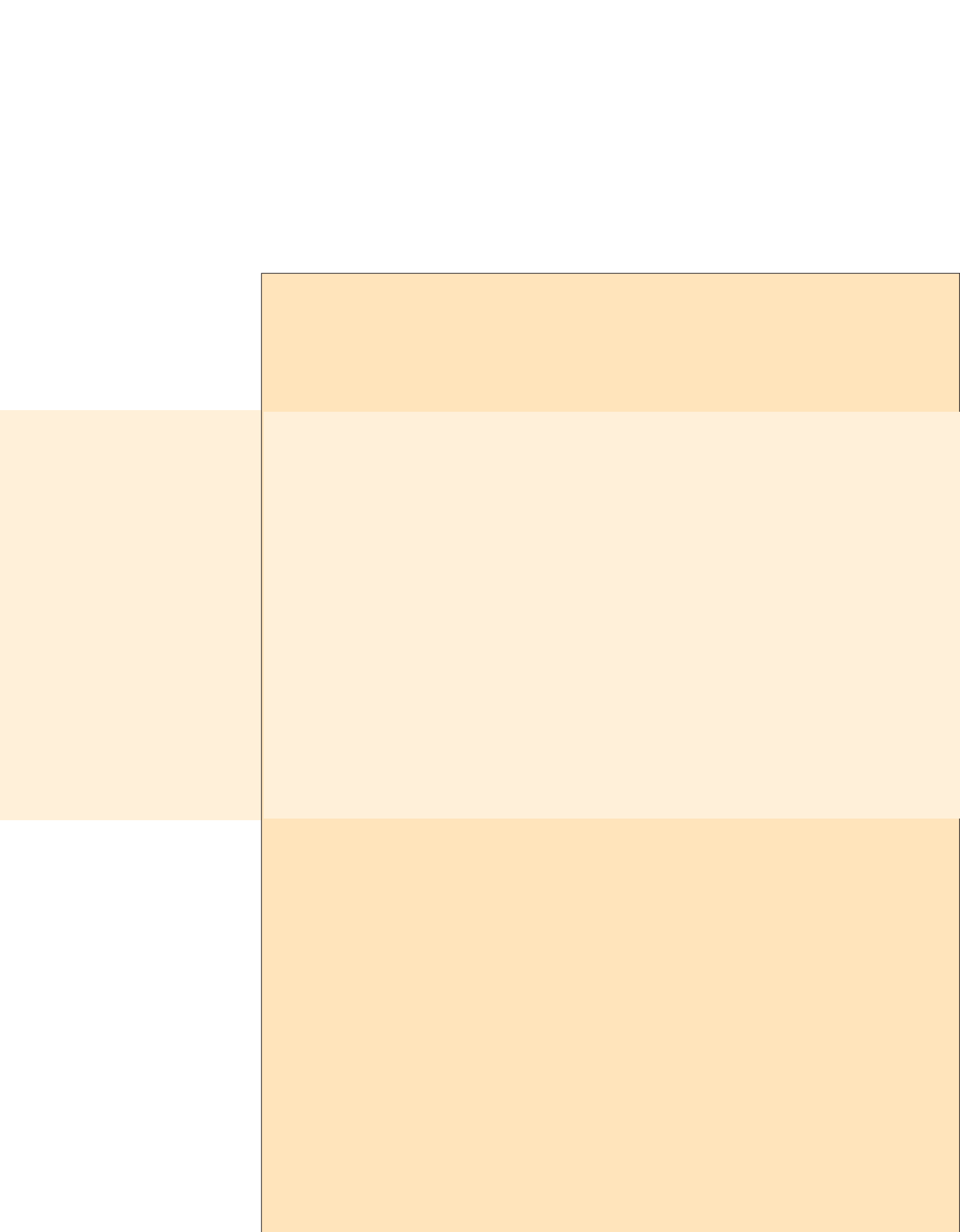
Find out more.

For more information about the **Well Aware** program, call the **Well Aware** team at **1.866.797.5833**.

You can also visit www.cigna.com/betterhealth for more information about **Well Aware** programs and services.

Your request for information about **Well Aware** will be handled confidentially. And the decision to participate is yours and yours alone. If you do choose to participate in the **Well Aware** program, you'll have an experienced team making the commitment with you.

For questions about your benefits plan, call your health plan's Member Services.





CIGNA

A Business of Caring.

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